SOME RECIPES FOR CORN MEAL

Government Suggests Certain Palatable Uses For Popular Food

Washington, D. C., Feb. 5 .- The department of agriculture's experts in list of palatable dishes which may be nutrition have been studying the possible uses of corn meal, which they have figured out makes up over 8% of the total foot consumed by the peo- has resulten in "Polenta": ple of the United States. In a bulletin entitled "Corn Meal As a Food differs little, except in name, from mind old favorites and suggest to the housewife untried dishes both appetizing and nutritious. Some of these recipes date back to the aborigines of the soil. One of them is as follows:

Zuni Indian Bread.

- t cup white corn meal. cup yellow corn meal.
- 1 cup water.
- I teaspoon salt.
- t. teaspoon cayenne. | cup chopped suct.
- Mix all well together; form into rolls bout five inches long; roll in greased paper; and bake in a moderate

even I hour; serve hot. The babit among the Indians was to roll these cakes in the husks of the corn, a method which is sometimes followed by campers.

There are other simple breads which were first made by the Indians and are very old types, closely resembling the breads of other primitive people Though easy to prepare, they are nevertheless very palatable. Two of these are "Ash Cake" and "Hoe Cake";

Ash Cake.

1 quart corn meal. teaspoons salt.

t molespoon lard or other shorten-

Bolling water.

Scald the meal; add the salt and shortening, and when the mixture is real form it into oblong cakes, adding more water if necessary, Wrap the cakes in cabbage leaves, or place one cabbage leaf under the cakes and one over them, and cover them with not ashest.

Hoe Cake.

Hoe cakes are made out of corn med, water and salt. They were origbally baked before an open fire on a board which for convenience had a long handle attached to it. At present they are cooked slowly and on both sides on a well-greased griddle. Certain dishes made of Indian corn have become identified with certain los calities and thus we have particular recipes bearing the names of these

localities. For instance, there is the

South Carolina Corn Breud: South Carolina Corn Bread

114 quarts fine corn meal is quarts wheat flour.

- 212 quarts fine corn meal. 114 quarts wheat flour.
- f tenspoons salt.
- I plut mashed sweet potatoes

Mix one pint each of the corn meal and the flour and add warm water enough to form a stiff batter. Add the verst cake, mixed with a small amount made with potato and are more easof water. Keep this sponge in a warm ily and quickly prepared. place until it becomes light. Scald the meal with boiling water and as soon as it is cool enough add it to the

Boston Brown Bread.

Baston brown bread may be made in follows:

- t cup corn meat.
- cup rye meal. cup Graham flour.
- 24; tenspoons soda. ! tenspoon salt. % cup molasses.
- cops sour milk, or
- 5, cups sweet milk.

Mix and sift the dry ingredients and add the molasses and milk. Beat theroughly and steam 3% hours in wellbuttered, covered molds. Remove the overs and bake the bread long enough to dry the top.

This may be ups corn meal and rye meal and no Graham flour. Follow recipe for Boston brown

erend, adding to the ary ingredients

SODA SWEETENS ACID STOMACHS ENDS DYSPEPSIA

When we cructate gont food, acris fluids and we belon gases it doesn't mean the stomach is lacking in digestve juices, says a noted authority who states that nearly all stomach distress and indigestion is a result of acidity; meaning, there is an excess of hydrochloric acid in the digestive ergans. This irritating acid retards digestion and promotes food fermenfation. Then everything eaten sours in the stomach like garbage sours in a can, forming gases which inflate the stemach like a toy balloon, producing elected for three years: George G. Bar a heavy, lumpy feeling in the chest or

ing, water-brash and nausea. grain Sodagen tablets at any phar- lows: Thomas F. Cole, president macy and take one tablet anytime fol- Charles F. Rand and John Uno Sebe lowed by a tumbler of water This nius, vice presidents; Edward J. Ma will instantly neutralize acidity, stop ney, treasurer, and Frederic R. Ken fermentation, absorb the gases and nedy secretary.

sweeten the entire digestive system. A well known local druggist says old favorite Antacid used by thou- tractors for city paving and sewe rands of men and women because of jobs. their harmless nature, being composed of Soda, Magnesia and Calcium Carobante U. S. P.-Advertisement.

a cup of seeded and shredded raisins or prunes or a cup of Zante currants.

I cup rye meal, 1 cup corn meal. I teaspoon salt.

One-half our molasses I eggs.

11/2 cups thin cream. Sift the dry ingredients. Add moisses, yolks of eggs well beaten, and ream; lastly, fold in the whites of eggs beaten stiff. Pour mixture into

onde I hour in a moderate oven. Italy has also contributed to the evolved from corn meal. An instinctive attempt on the part of Italians to all places under the nation's jurisdic supply the body with all the food ele- tion by an amendment to the federal ments required, by means of one dish

buttered mold, steam 2 hours; then

This dish, which is common in Italy, and Whys of Using It' several dozen hasty pudding, though it is served in all states and territories, with provisrecipes are given that may call to very different ways. Sometimes cheese is added during the cooking. Polenta is often reheated either with tomate sauce, or a meat gravy left over from a meal or with a meat gravy made from a small amount of measure tomato sauce and half meat gravy. In any case, the dish is improved by sprinkling each layer of polenta with cheese. When the polenta is to be reheated in gravy, it is well to cut it the dish.

Tomato Sauce for Polenta.

2 tablespoons butter. 2 tablespoons flour.

I cup thick strained tomato juice. Salt and pepper.

Melt the butter; cook the flour thor oughly in it; add the tomato juice and seasonings; and cook until smooth stirring constantly.

Another attempt to produce a balunced ration in one dish has been made by the natives of Jamaica. It is called "Stamp and Go," and consists of salt fish, lard and corn meal, and has a nutritive value resembling that of scrapple. A good recipe for scrapple is the following:

Corn Meal Scrapple.

1 plg's head split in halves, 2 cups corn meal.

Salt and sage.

meat can be easily removed from the bone. Aeduce the broth to about 2 divorce for every five marriages. quarts or add water enough to bring It up to this amount, and cook the granite bread tips. Cut into slices and not be taking such a radical step a

or which resemble mush in some particulars. Among these are corn meal similar laws. fish balls and tamales, recipes for which are given herewith:

Corn Meal Fish Balls.

- 2 cups cold white corn meal mush.
- I cup shredded codfish.
- 1 egg.

I tablespoon butter. the ingredients and drop by spoonfuls into hot fat. Drain on porous paper. These codfish balls compare very favorably in taste with thos

Meat from 15 boiled chicken. 1 clove garlic or 1/2 medium-sized

- ¼ teaspoon cayenne.
- 1 teaspoon sult.
- I cup corn meal. 2 or 2 small red peppers.

Corn busker.

ayenne pepper, garli;, or the onion marriage, finily chopped, and salt; form the meat into little rolls about 2 inches long and warning from Rome's example three-fourth inch in diameter. Pour boiling water over the meal and stir: two beyond the rolls. Cover the rolls with the broth in which the chicken was cooked, or with boiling salted water. Add two or three small, sharp red peppers, and boll for 15 minutes. Tamales are usually made with

GIROUX OFFICERS RE-ELECTED.

chicken but other meat may be used

No Report Made Because of Merging o Corporation.

At the annual meeting of the Giroux Consolidated Mines company, held b Doluth, only routine business was taken up and no general report was presented on account of the merging of the concern last spring into the Cop per Mines company, and the operation of its property being now carried on by the new corporation, according to the terms of the merger.

The following directors were num and Henry B. Paull, Duluth: we eructate food ,constantly belch gas Charles F. Rand, New York city, and or have heartburn, datulence, bloat- George D. Hopkins of Wilmington, Del At a subsequent meeting of the di He tells us to get a package of 19 rectors, officers were elected as fol-

Altoona, Pa. department of public nese 16 grain Sodagen tablets are an works will bid against private con

> Lynchburg, Va., will use motorcydriven street cleaning machines,

AIMS BILL AT DIVORCE EVIL

Rep. Ransdell Offers Amendment to Prohibit Right

Washington, Peb. 5 .- Divorce with the right to remarry would be prohibited forever in the United States and is constitution proposed in the Senate by Senator Ransdell, of Louisiana, Enactment of uniform marriage laws for ion for separation without permission to remarry, would be directed by the amendment.

With the states of the Union grant bought for the purpose, or with half as all the rest of Christendom combined, Senator Ransdell told his colleagues that the time had come for the to "the chief bulwark of society, the into small pieces in order that the h-me-the maker of good citizens and gravy may be well distributed through the model on which every wise govern- each is taken up. ment is founded."

"The remedy by constitutional prohibition is drastic," said the senator but the malady is so fatal that nothing short of it will prove efficacious. In the United States divorce is spreading with alarming rapidity. It has permeated every walk of life, and is prevaient among every class of people The total number of divorces granted in 1867 was 9,937, or 27 per 100,000 population, Porty years later, in 1986 there were 72.062 divorces or 86 per 180,000; thus in actual numbers there were more than 7 times as many divorces granted in 1906, as in 1867, or allowing for the increased population. divorce had increased 319 per cent.

"If divorces multiply at the sam rate in the future as In the past-and there in every indication that they will increase faster-then before the middle of this century we will have Cook the pork in water until the annually in the United States 275 dicorces per 100,000 population, or on

Not Such a Radical Step.

"If the United States were to write corn meal in it. Add the meat finely in the Constitution an amendmen chopped and the seasonings. Pack in prohibiting absolute divorce, it would might at first be thought, but woul-The addition of meat to corn meal be following a beaten path. Our own does actually tend to produce a bal- state of South Carolina-all honor anced ration, for the meat furnishes her-forbids divorce. It is absolutely protein and fat while the corn meal prohibited in Italy, Spain and to twofurnishes starch. There are a number thirds of the population of Austral of dishes made from corn meal and Hungary, while the Latin-American meat or fish in which mush is made, countries of Mexico, Argentine repullic, Brazil, Peru, Chile and others have

"While many excellent people are divorced and some of them make new homes, the inevitable trend of divorce is to break up many more homes than it builds up, and to materially reduce the number of children. When marriage is dissolved the true home co Pick over the codfish and soak it to exist; the parents and the children to remove salt, if necessary. Combins are separated; and the sweet ties that bind father and mother to their off spring, and to each other, are broke

"As long as the Romans of old look ed upon marriage as sacred, and held the sanctity of the home inviolate their arms were invulnerable, and Rome became mistress of the world. But with the accumulation of colossal wealth came great laxity of morals marriage became a jest, and child bearing a useless burden. The luxuri ous Romans jost all respect for femal chastily; the herole virtues of the early years were forgotten, and the Empire fell, the victim of luxury and Chop the chicken; season with the disregard for the binding effects of

"Shall not the United States take

As indicating the educational work use water enough to make a thick of the Y. W. C. A., there are 42,000 paste. Take a heaping tablespoon of girls and women enrolled in 171 cities the paste, pat it out flat, and wrap a in day or evening classes. Each of roll of chicken in it; then wrap each sixty-five associations has an enrollroll, as made in corn busks which have ment of more than 100 students, sevbeen seftened by immersion in hot eral of them registering from 1,500 to water, tying the husks with a piece of 2,000. In each of fourteen vities over string close to each end of the roll, 500 students are registered. Two-fifths Trim off the ends of the corn busks, of the girls are in day classes, and the allowing them to project an inch or rest in evening classes. There are 26.

AMUSEMENTS.

E.C. Richards, Mgr.

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Laurium Department

GAME WARDENS IN CONFERENCE

Hold Annual Meeting With State Warden W. R. Oates

Called to consider various matters pertaining to the welfare of the state, team. The money changers express nual conference of the deputies of the or the Scribes or both at any time of Upper Peninsula convened in Marquette, with W. R. Outer, state before The News team has had as game, 6sh and forestly warden, presiding, says the Mining Journal.

The wardens are discussing the ing more than twice as many divorces ity in an endeavor to meet these in a tra Tuesday evening. Both teams exnation itself to put down this menage the 1913 amendments to the state game triet are due for a sudden fail. and fish laws. The state warden is explaining the recent enactments as

Among other matters arising there was a lengthy discussion relative to the installation of fish ladders chutes on all dams across streams is the upper peninsula. Plans and specifications have been prepared, and the LAURIUM AND RED JACKET FIRE department has made arrangements with the federal government for the use of the new Call Chute on certain structures.

Besides the sixteen deputy name, fish peninsule, there are in attendance at the meeting D. R. Jones, Petoskey, chief deputy and C. K. Hoyt of Lansing, counsellor. The deputies pres-

John Rough, Negatinee,

Herman Leisner, Escanaba. St. Clair William, Hancock, John T. McDonald, Calumet.

J. H. Eddy, Sault Ste. Marie. J. A. Vizina and J. Marks, Muni-

Matt Foucault, Iron River. John Andrews, Jr., Iron Mountain, O Sicotte, L'Anse.

W. B. ReDell, Menominee. E. D. Mosher, Marquette.

William B. Harrington, Ishneming. F. W. Nelson, P. E. Guinan, Mania-

James McMahon, Baraga.

REMARKABLE MAN.

Down in Fast St. Louis there is a street commissioner who desires to have his salary reduced so that the will be served and where dancing will ity may save itself from financial be enjoyed afterwards. embarrasement. There seems to be a new kind of a street commissioner under the sun.-Chicago Record-Her-

Chief of Police Baldwin, of Philashowing incendiarism.

NEWS TEAMS CHALLENGED. Both Bankers and Brokers Anxious to Arrange Contests. Amateur puck chasers in the north

o realize that their champlonships son born this week. will have a rather bollow sound uncase they engage in one or two read reported to Villian Chara Mr. Prints Jr. markey games. At least two of these during the month of Junuary. came have invited The News team to

Yesterday the Hankers' hockey team throw down the gauntiet to The News fish and forestry department, the an- a cosire to meet either the Printers opportunity to size up their prospect rve opponents another dell has been received, this from the Brokers, wh game and fish conditions in each local- conquered the Sankers at the Palesmore effective manner. They are here press a determination to clean up or for a mutual exchange if ideas, to ask may notice The News can put on the hypothetical questions in regard to the lace. It beings to look as if some of the work of the department, to discuss rising young men of the financial dis-

SPECIAL CONVEYANCES TO BE READY FOR EMERGENCY

MEN MEET IN BOWLING MATCH.

this evening to convey the members of and forestry wardens of the upper the Red Jacket and Laurium fire de partments, who are to meet in a botch our match at the Social club alloys o may part or the city, should their ervices he demanded by a hie niarm Although they have been looking for eard with great interest to this match he thenen of both villages recognisthe call of duty above all social activ itles and the Laurium firemen wil have a sleigh in waiting should an starm come in-

The big march which is schedule or this evening to wellle for all tim the question of supremacy. As every nember of the two departments, eigh seen men on a side, will participate. off he possible to how! only one san whether total pins or games shall cent. The players on both sides buys cen practicing faithfully and prom me to keep the pin boys busy.

At the conclusion of the bowling mulch, the firemen, trustees and exaremen of both villages will repair to the town half where a chicken suppo-It has been arranged that Chie

Cost Prenes of the Laurium depart ment will be pitted against Chief Jos Trudell of the Red Jacket department ymi interest in the outcome of thi individual contest is almost equal delphia, prohibits exhibitions of films the interest in the outcome of the bi

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cetts close to the 100 portic and 4 he remarked they are pretty events

nd of the district are just beginning Kearsurge street are the parents of Highs Literia and acress double wer

Samuel Meavenner of Learning too ecome the stepping stone to these lost for Chicago and other points on

> Jerry Duchens of Ishpeming is callig on the drug tride.

Oliver J. Toursances of the Boart and Studier force is in Marquatte in

Attorney A. E. Peletmann is in New fork on businesse. The expects to what other eastern points before his reann here.

BIRTHDAYS

at id-days of the 31 E. church, South n point of service. So years old today, John Walter Smith, United States emator from Maryland, 49 years and

Maxies Elliott, well known Ameri an a-trens, 42 years old fodor. Michiga Pitracy, associate mestics of he sourceme court of the United States K years old today.

Simon P. Polits in reversor of Conestimat. 74 years old today Judge IC A. Alorich of New Harmships; who detroped the recent dec con in the Thave one 68 years all

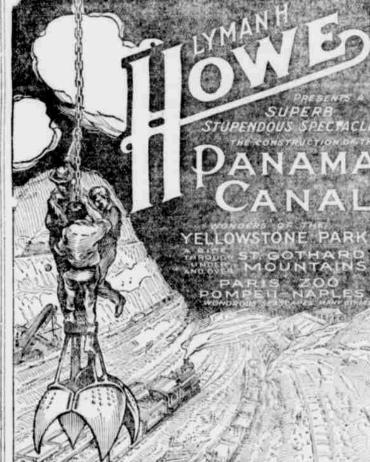
Prov. F. S. Chapter of Smith cod este, but we are more often fraces in family tree 10 generations will find dimedif related to arrivedy by mus-

Report Trian, of Manie Mr. 10, 10, 11 cofessor taking part of reals were it



AMUSEMENTS. AMUSEMENTS.

Two Nights and Saturday Matinee



PRICES MATINEE PRICES All down stairs First two rows Balcony Balcony hildren 25c Seat sole at Forster's Thursday S A. M.



discovers own son a slying high-Highwayman's

-: TODAY:-

BARA TENNANT, Right Lord

Shoes nuards insults the key one day and flowers the ignorance of the boy's parents in his face. Jasper state him. Returning home he

demands his foster mother to toll

him who his parents are. The

guards follow him to the house.

but he escapes. Mike & Jake in Society Three Children

Powers Comedy-Drama Interested in dress suits, Mike They offer the baby at the and Jake fail to make trouble. anylum in exchange for grandpa.

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